Baked Fish with Creole Sauce

Ingredients:
- 1 pound fresh or frozen, unbreaded fish fillets
- ½ onion, thinly sliced
- ½ green pepper, thinly sliced
- 1 (8 ounce) can tomato sauce
- 1 teaspoon chili powder
- ½ teaspoon salt
- ⅛ teaspoon pepper

Directions:
1. Thaw fish in refrigerator overnight.
2. Preheat oven to 375 degrees.
3. Arrange fish in a single layer in a baking dish.
4. Top fish with onion and pepper slices.
5. In a separate bowl, mix tomato sauce, chili powder, salt and pepper.
6. Pour tomato sauce mixture over fish and vegetables.
7. Cover dish and bake until fish flakes easily with fork (20-30 minutes).
8. Refrigerate leftovers.

Yields about 4 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>¼ recipe (4 ounces)</th>
<th>Servings Per Recipe</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories</td>
<td>120</td>
<td>Calories from Fat</td>
</tr>
<tr>
<td>% Daily Value *</td>
<td>Total Fat</td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
<td>2%</td>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>8%</td>
<td></td>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
<td></td>
<td>Iron</td>
</tr>
</tbody>
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2000 - 2,500
Total Fat: Less than 65g - 80g
Saturated Fat: Less than 20g - 25g
Cholesterol: Less than 300mg - 300mg
Sodium: Less than 2,400mg - 2,400mg
Total Carbohydrate: Less than 350g - 375g
Dietary Fiber: Less than 25g - 30g

8.3% calories from fat